

CYO Track 2018 Agenda

I. Opening Prayer

II. Introduction

- Carlos Mangrobang – St. Joseph Parish CYO Track Coordinator
- Volunteer Coaches

III. What is CYO Track & Field

- Compete at “own” comfort level, individual performance
- Opportunity to try different running and field events
- Team achievements during relay races
- Diocesan: the “best” compete against other sections “best”

IV. Mission Valley Track Section III

- Meet Schedule:

Date	Time	Description
March 25	Noon	Timed Trials Meet
April 1	Noon	No CYO Activities - Easter
April 8	Noon	Regular Meet
April 15	Noon	Relay Meet (Bill Ford Races)
April 22	Noon	Regular Meet
April 29	Noon	Sectional Qualifiers (Grades 3-8 Only)
May 6	Noon	K,1 & 2 - Sectional Finals
May 11	6:30pm	Diocesan @ Moreau Catholic High School; 800m & 1600m only
May 12	8:30am	Diocesan @ Granada High School, Livermore

- Where: **Logan High School (1800 H Street, Union City, CA)**

- What to expect:

- Prepare for elements (Sun, Wind, Rain)
- Food & Hydration
- Parish Assignment Staging:** (3) Finish line setup, (2) Relay Staging Setup, (9) Relay Shepherds, (6) Relay Flaggers – Google Sheet Mandatory Sign-ups for all parents to volunteer at least 1 meet this season

– *SJS parent participation hours, teen service hours*

- Fun & excitement, valuable time spent with family; “not CYO baby sitting”

- Rain-out

- Cancellation only done 1-hr prior to regular schedule
- Regardless of weather, show up anyway

- Track Conduct

- Cheer! Encourage! Take Pictures! Capture Videos!
- If you have concerns, bring it up to me.
- Parents are not allowed in the oval track during the entire meet.**



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Irvington High School Track



V. Training and Practices

- a. Training description (Carlos Mangrobang, Coaches)
- b. Practice Schedules
 - i. K-2 (Tuesdays 4:45-6:00pm) @ Irvington High School Track {black top, court area}
 - ii. 3-8 (Tuesdays 5:15pm-6:30pm) @ Irvington High School Track {running and conditioning}
 - iii. 3-8 (Thursdays 4:30pm-6:00pm) @ Irvington High School Track {relays, field events}
 - iv. Special Clinics @ TBD {scheduled throughout the season}
- c. Practice cancellations due to weather or other factors – check website or coaches will cancel day before
- d. Protocols
 - i. Arrive 10 mins prior to scheduled practice times.
 - ii. Park your vehicles in large parking lot of Irvington High School along Blacow Rd.
 - iii. All athletes must be signed in and signed out by parents.
 - iv. Parents of K-2 must stay during practice duration as restroom escorts just in case.
 - v. Parents of 3-5 should stay during practice duration as restroom escorts just in case.

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VI. Event Descriptions

- a. Field Events
 - i. SoftBall Throw (All Grades) {Three (3) attempts, side-arm ok, underhand –not allowed}
 - ii. Tether Ball Toss (Grade 3-8) {Three (3) attempts}
 - iii. Long Jump (All Grades) {Three (3) attempts}
 - iv. Shot Put (Grade 5-8) {Four (4) attempts} {6.0lbs Grade 5-6, 8.0lbs Grade 7-8 Boys}
 - v. High Jump (Grade 5-8)
- b. Running Events (All Grades unless noted)
 - i. 1600m (1 mile; 4x around the track)
 - ii. 800m (2x around the track)
 - iii. 400m (1 track lap)
 - iv. 200m (1/2 lap sprint)
 - v. 100m (sprint)
 - vi. 50m (K-5 sprint)
- c. Relay Events (baton pass) {Lower grades can move up to fill an upper grade team during regular meets only; upgraded team will compete at a higher grade level. During Sectionals, and Diocesan, only pure parish/grade level teams qualify to compete.}
 - i. 4x100m {mixed parish teams allowed during regular meets}
 - ii. 4x400m
- d. Bill Ford Relay Meet (baton pass) {combined grade levels complete a team: 7-8, 5-6, 3-4, 1-2, & K. This means pure teams are a disadvantage. For example, a pure 7th grade team will be competing against a mixed 7th & 8th grade team}. If a Kindergartner cannot fill a pure parish team in a medley relay, they can either join a mixed team or they can run-up with a grade 1-2 team.
 - i. 4x100m
 - ii. 200m-200m-400m-800m (7-8, 5-6, 3-4)
 - iii. 100m-100m-200m-400m (1-2)
 - iv. 100m-100m-200m-400m { Kinder only }
 - v. 4x400m (5-6-7-8)
 - vi. All Field Events open
 - vii. No Sprint Events

VII. Order of Events {listen for announcement – 1st call, 2nd call, Final call}

- a. 4x100m {relay 8-K}
- b. 1600m
- c. 800m
- d. 400m
- e. Opening Prayer
- f. Tiny Tot Race {any pre-K boys or girls present at the meet}
- g. 100m {K-8}
- h. 50m {K-5}
- i. 200m {K-8}
- j. 4x400m {relay 8-K}

VIII. Event Rules

- a. (2) Field Events, (1) Running Event, (2) Relay <= **IMPORTANT RULE to FOLLOW**
- b. (1) Field Event, (2) Running Event, (2) Relay <= **IMPORTANT RULE to FOLLOW**
- c. All Athletes must wear their BIB numbers in order to compete in each event.
- d. ¼ inch “pyramid spikes” only
- e. (2) False start – DQ (Disqualified)
- f. Lane Interference – time penalty or DQ
- g. Mixed teams: first-come, first serve basis {nobody gets left behind}
- h. Field events can be done in between running or relay events; ie do one turn and come back for the other

Note: It is important to comply with the (2) Field / (1) Running or (1) Field / (2) Running rule. This rule is under the honor system and specially enforced during Sectionals and/or Diocesan. We also do our best to enforce compliance every meet but it is up to the coach and the parents to ensure that the children adhere to the rule. There should be no surprises if an athlete is caught violating this rule. The end result is removal from the event so please do not act surprise.

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IX. Athlete Participation Requirements

- Eligibility: Live in parish boundary, attend SJ School, attend CCD at SJ
- Completed application, birth certificate
- \$55 fee required from all participating athlete
- Uniform
 - Team shirt issued with registration, must be returned if outgrown; no cost to swap for larger sizes
 - Optional royal blue running shorts (purchased separately)
 - Optional Windbreaker Team Jacket (purchased separately)
 - Running shoes (Kinder-2nd Grade)
 - Track shoes (3rd Grade & up) {Not mandatory}
 - ¼ inch “pyramid spikes” only; {ok to use 7th spike}
 - Only one running BIB Number** issued at the beginning of the season. Athletes must wear the same BIB during each meet. Do not wash BIBs. **Do not loose BIBs.**



X. FAQ (Frequently Asked Questions)

- Do I need to stay during K-2 practice?
 - Yes, it is mandatory that parents and guardians of Kinder – 2nd grade athletes stay during the duration of practices to ensure that their child is accompanied to the restrooms just in case they need it.
- Do I need to stay during 3-8 practice?
 - For grades 6-8 no. Otherwise, it is highly recommended for parents and guardians of grades 3-5th grades stay during the duration of practices to ensure that their child is accompanied to the restrooms just in case they need it.
- My child cannot attend regularly scheduled practices because they are doing other sports already. However, he or she can attend the track meets regularly. What are our options?
 - Practices are for conditioning and strength development. Other sports provide these as well. If your child is part of a Relay team, it will be hard for their teammates to practice without a complete team. Thus at the minimum, attend critical practices so that you will be familiar with the team’s routine.
- Does my child need to stay the entire time during the track meet?
 - Not really. However, letting them stay for the entire duration allows them to get use to the length of the meet. This allows them to pace themselves as well as socialize with their friends.
- When does my child get their earned ribbons for running and field events?
 - Ribbons earned during the running events are handed out as soon as the athletes cross the finish line. Field event ribbons will be distributed by the coordinator at the beginning of the next meet. The coordinator can make these ribbons available through the coaches at the meet or at the next team practice.
- Can my volunteer staging time be counted as Parent Participation Hours for St. Joseph School?
 - Absolutely
- Does rain cancel the meet? Who should I call to confirm if there is a track meet?
 - Yes, it is possible. However, the section coordinator is the only one that can call the meet off, in the event of a down pour. Usually, this is about 1hr prior to start. With that, might as well go to track. When in doubt, go anyway. No need to call, just go to the track meet and see if it will get cancelled.
- My child lost his/her BIB. Can we get another one?
 - Not an original one. BIB Numbers are issued unique for each child. If you loose the BIB, we can create a handwritten one. So, please do not loose the issued BIB numbers.
- My child is stuck in a field event. He/she has a running event that is being staged. What should we do?
 - Have her report in the running event or notify pure relay team of availability. Go back to the field event and complete a few attempts. You can always go back to the field event and finish off the set to complete your turn. After the running event is done, make sure the field event is completed immediately.

XI. Closing Prayer

Dear Lord, Bless our athletes that they gain strength and endurance this season. Bless our parents for their understanding and support. Please give our coaches & coordinators the gift of guiding light to conduct a safe, successful and enjoyable season. For this we pray, Amen.

Volunteer Openings: CYO Compliance

- Female “assistant coach/track mom” for all Grades
- Female/Male “track coaches” for all grades especially K-2